

# *West Texas Vicious*



## *Competitive Cheerleading Program Information*

Thank you for your interest in Ultimate Cheer Lubbock!

Ultimate Cheer Lubbock has a welcoming, warm, family atmosphere that is unlike any other cheerleading or tumbling gym in the area. Our competitive cheerleading program is determined to not only make better cheerleaders, but to make better people.

# Prep vs. Elite

Competitive cheer is rapidly evolving, and Ultimate Cheer Lubbock stays up to date with the growth and direction of the industry. For 2019-2020 we will offer two competitive cheer programs: Prep and Elite.

Prep offers lower pricing and less time commitment while maintaining the Ultimate Cheer Lubbock experience and high quality coaching.

Elite is our "select" competitive team program. There will be increased financial and time commitments for All-Star as well as increased skill requirement standards. The chart below offers a visual breakdown of the differences between the two programs.

UCL Competitive Program	Weekly Time Commitment	Monthly Financial Commitment	Skill Requirements	Absence Policy
<b>Prep: Tiny &amp; Mini</b>	One 2-hour Team Practice + 1-hour Tumbling Class	\$210.00	Minimal; Levels 1.1 (2.1 available for Mini only)	5 Total Absences: 3 Free & 2 Charged
<b>Prep: Youth, Junior &amp; Senior</b>	One 2-hour Team Practice + 1-hour Tumbling Class	\$210.00	Minimal Tumbling Requirements; Levels 1.1, 2.1, 2.2, 3.1, & 3.2 Available	5 Total Absences: 3 Free & 2 Charged
<b>Elite</b>	Two 2-hour Team Practices plus 1-hour Tumbling Class	\$300.00	Set Tumbling Requirements; Levels 1-6 Available	5 Total Absences: 3 Free & 2 Charged

## Athlete Placement Information

Proper athlete placement is a main focus of our program for 2019-2020 because it ultimately determines the success of the athlete and our teams. Ultimate Cheer Lubbock will create successful teams through proper placement of our athletes not only in the correct age division and skill level but also in the correct program. We will be placing athletes on both Prep and Elite teams at tryouts. You will have the option of selecting whether your athlete will accept a spot on Prep or Elite. you will also have the option of selecting which levels your athlete wishes to be **considered** for.

In a perfect world, every athlete on every team would have all the tumbling requirements for their skill level and be able to perform stunts, baskets, and pyramids at their level.

We must form stunt groups with the correct number of flyers, bases, and back spots. Essentially, you are competing against other athletes who are trying out for the same position. *For example, there are 5 flyer positions available on Team A. If 8 flyers perform the minimum requirements for Team A, only 5 will be chosen. The other three must either base or back spot on Team A or be placed on a different team to fly.*

# *Attendance Policy*

For the 2019-2020 season, Ultimate Cheer Lubbock will be a 13-month commitment. Our season will run from May 1, 2019 to May 31, 2020.

Ultimate Cheer Lubbock is an organized program. Athletes are expected to attend all competitions as a team. We realize many children and young adults are involved in a variety of activities; however, we cannot make exceptions for schedule conflicts. Elite teams WILL practice 2 hours during the week and sometimes 3 hours on the weekend (*extra practices will be held on some Sunday mornings when needed*).

## **We expect top priority and 100% commitment and attendance.**

Many other programs allow athletes to miss practices without accountability or regard for the ones that do not show up. We are able to keep extra practices to a minimum because our practices are productive and mandatory. Please plan holidays and vacations to fall during the times below:

May 24-27 (Memorial Day Weekend, Gym Closed)

June 28-July 7 (Summer Break, Gym Closed)

August 30-September 2 (Labor Day Weekend, Gym Closed)

November 25-November 30 (Thanksgiving Break, Gym Closed)

December 20-January 4 (Christmas Break, Gym Closed)

March 13-March 21 (Spring Break, Gym Closed)

**Blackout Choreography camps are mandatory throughout the summer.**

**Those dates will be confirmed once teams have been selected.**

## **Additional absences will jeopardize an athlete's placement on their respective teams.**

The only excused absence is a school function that results in a grade. All other absences are unexcused. Part-time jobs, dances, concerts, banquets, long distance driving, family reunions, weddings, recitals, school/church socials, and any other non-related school activities are unexcused.

**Absences are NOT allowed the weekend and week prior to a competition.** An unexcused absence may result in the athlete being moved to an alternate position or pulled from an upcoming performance at the discretion of the staff. It is the responsibility of the athlete to learn any changes prior to practices. Alternates must follow all requirements and guidelines. An absence Request Form must be submitted 2 weeks prior to the absence. Do NOT email absence forms or inform a staff member of an absence via social media or text message. These forms are for absences including school cheerleading, choir, band, and all other school sports. Your school activities are planned well in advance. Please submit your request in advance. We will verify with school administration and the teaching staff if we think that someone is being dishonest. Be prepared to show documentation from a teacher or instructor. You will be removed immediately if the request is falsified. Absences are not permitted the week of or week before an event, no exceptions.

# Team Alternate Requirements

Alternates must follow all requirements and guidelines. Alternates must pay their Commitment Fee and purchase their own uniform. Alternates who attend competitions (not on the mat) will be required to pay their competition entry fees. Athletes can be moved to an alternate position if they do not maintain the skill requirements. Being moved to an alternate position does not mean the athlete is taken off of the team roster. If an athlete is moved to an alternate position mid-season, the athlete that replaced them in the routine will take over tuition/fees payments until the alternate earns their spot back. If a team receives a PAID Bid to a post season event and both alternate and athlete on mat attend the post season event, alternate and athlete on mat will split the cost of additional rostered athlete 50/50.

## Sick Policy

You must attend practice when you are sick. We will not make exceptions, so please do not ask. You will not be required to participate; however, you must be present. An athlete will jeopardize their position if this rule is not followed. In addition, you must provide a doctors note with detailed information regarding the illness, treatment and length of recovery. This includes dental, medical, and any other health related issue that would prohibit an athlete from participating. Extended sickness such as mono or strep throat will jeopardize an athlete's position on the team.

## Code of Conduct

A member must at all times be a positive representative of Ultimate Cheer Lubbock and a positive reflection of his/her teammates. Abusive behavior, lying, and/or any other form of negative behavior are grounds for removal from the team. We will NOT tolerate comments about other teams and their programs. Let's respect their teams, as we will get respect in return. Many of you communicate with other cheerleaders at various organizations through e-mail, Facebook, GroupME, Instagram, Twitter, Snapchat, and message boards. **Please remember that anything you ever say is a direct reflection on this organization.** *NOTE: If you are caught sending rude or inappropriate messages on SOCIAL MEDIA, you will be subject to immediate removal!* Teammates are expected to treat one another with mutual respect. They should treat and talk to one another in a manner in which they want to be spoken to. We do not tolerate pettiness, gossiping, or cliques; which attempt to exclude or alienate certain members. Back talk, rolling of eyes and any other disrespect for instructors or teammates is unacceptable. After a warning, the team member will sit out of practice until the problem is solved. Use of alcohol, drugs, or e-cigarettes/vape by an athlete of Ultimate Cheer Lubbock will result in IMMEDIATE dismissal.

## Team Practice Rules

**There is to be NO JEWELRY worn at practices**, which includes all earrings, belly button rings, rings, bracelets, watches, and necklaces. This is for the safety of the one wearing the jewelry and for those either flying, basing, or backspotting who may be injured as a result. There is to be NO FOOD, NO DRINKS (screw cap water only), AND NO GUM OR CANDY WHATSOEVER in the gym. There is to be NO videotaping of practices. **Practice clothing MUST BE WORN as scheduled on the calendars.** Lost, misplaced, or damaged clothing will be replaced at your expense. Anyone late or dressed incorrectly will condition after practice. Ultimate Cheer Lubbock is about building champions and teaching responsibility to our athletes.

# Financial Information

Ultimate Cheer Lubbock's only accepted method of payment is automatic credit or debit (Visa/MasterCard) card draft for all monthly tuition and fee payments. Monthly tuition payments will be drafted on the 1st of each month and monthly fee payments will be drafted on the 15th of each month. **If you need a different payment schedule, there will be an additional \$20 charge per month per draft, no exceptions.**

**All athletes must show a \$0.00 balance on their account to be eligible for the 2019-2020 season.** Ultimate Cheer Lubbock is a 13-month commitment from May 1, 2019 to May 31, 2020. By accepting a spot on a team, you are agreeing to a 12-month financial commitment and will owe tuition and fees for all 13 months. **If an athlete's account falls 30-days past due, the athlete will be removed from the competition routine, and they will not be allowed to participate in practices or other Ultimate Cheer Lubbock events until the outstanding balance is paid.**

There will be a \$30 charge for declined auto-draft payments or returned checks.

There are no refunds for tuition or fees paid into the program. If your athlete is unable to finish the season due to a season-ending injury (must turn in a doctor's note) or relocation (more than 50 miles), you will be released from your financial commitment. However, please be aware that due to our payment schedule, you may owe additional fees that you have not yet covered. All resignations must be received in writing (Texting or Facebook/social media is not acceptable!).

If an athlete quits without a season-ending injury with doctor's excuse or relocation, their account will be immediately charged for all uncovered expenses plus a \$150 drop fee. If an athlete quits before receiving any Ultimate Cheer Lubbock merchandise including practice outfits, uniform, warm-ups, t-shirts, etc., they will become the property of Ultimate Cheer Lubbock, and the athlete will not receive a refund.





## Prep Pricing

**Commitment Fee:** \$150 Commitment Fee is due at the time of sign up and covers the athlete's USASF Athlete Membership Fee, Ultimate Yearly Registration Fee, and practice clothes payment. If you are placed on a team and refuse your spot, your Commitment Fee will be non-refundable. Athletes will not be placed on a team until the Commitment Fee is paid.

**Monthly Tuition:** 12 payments on the 1st of each month from June 2019 - May 2020, \$105.00 per month  
Monthly tuition covers all regularly scheduled and extra team practices and 1 additional tumbling class per week. Tuition will not be pro-rated for gym closings, holidays, and weeks without practice. *Additional tumbling classes are \$25 per month.*

**Mandatory Fees:** 12 payments on the 15th of each month in June 2019 - May 2020, \$113.75 per month  
Mandatory fees include Ultimate Cheer Lubbock car sticker, competition bow, competition makeup, choreography and music fees, nationals t-shirt and 4 competition registration fees.

We include all fees with the exception of the following:

- \*2017-2020 Performance Uniform - \$250
- \*2017-2020 Nfinity Cheerleading Shoes - price varies (fitting will be held)
- \*Travel expenses for out of town events

## Elite Pricing

**Commitment Fee:** \$150 Commitment Fee is due at the time of sign up and covers the athlete's USASF Athlete Membership Fee, Ultimate Yearly Registration Fee, and a portion of the practice clothes payment. If you are placed on a team and refuse your spot, your Commitment Fee will be non-refundable. Athletes will not be placed on a team until the Commitment Fee is paid.

**Monthly Tuition:** 12 payments on the 1st of each month from June 2019 - May 2020, \$150.00 per month  
Monthly tuition covers all regularly scheduled and extra team practices and 1 additional tumbling class per week. Tuition will not be pro-rated for gym closings, holidays, and weeks without practice. *Additional tumbling classes are \$25 per month.*

**Mandatory Fees:** 12 payments on the 15th of each month in June 2019 - May 2020, \$162.50 per month  
Mandatory fees include Ultimate Cheer Lubbock car sticker, competition bow, choreography and music fees, nationals t-shirt and 4-5 competition registration fees.

We include all fees with the exception of the following:

- \*2017-2020 Performance Uniform - \$375 (Seniors) / \$400 (Mini, Youth, Junior)
- \*2017-2020 Nfinity Cheerleading Shoes - price varies (fitting will be held)
- \*Competition Makeup (tutorial/instructions will be given)
- \*Travel expenses for out of town events
- \*Travel expenses, Fees, and Coaches Fees for the Summit/USASF Worlds or other invite-only events. If a bid is received to any invite-only event, teams will be going. Please plan accordingly!

## Miscellaneous

Athlete health and safety is of utmost concern within the Ultimate Cheer Lubbock program. We are committed to maintaining a safe environment at all times. Proper nutrition and hydration are encouraged for optimal performance and injury prevention. Ultimate Cheer Lubbock is sufficiently prepared to respond to emergency situations with appropriate emergency-response plans; rest assured that your child is in safe and prepared hands.

NO VIDEOS of routines or choreography should be uploaded to any online site such as YouTube or Instagram.

Manny, Shirley, and Andrew MUST APPROVE all designs bearing the Ultimate Cheer Lubbock name and/or logo. **Anything created without approval will not be acceptable and cannot be worn or sold independently. This includes home made designs and designs created by a third party.**

**Beginning September 2019:** Parents are invited and encouraged to come inside the gym to watch the last 30 minutes of practice during the following days:

Prep Teams: Last regularly scheduled practice of each month.

Elite Teams: Last Sunday practice of each month.

Discounts are available for those who wish to pay the season in full or partially in full. (See sign up packet for details.) There are no discounts on uniforms, unless you purchase used.



### *Contact Information*

Ultimate Cheer Lubbock

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Facebook: Ultimate Cheer Lubbock



# *Level Requirements*

These are recommended for Prep teams and required for Elite teams.

## **Level 1**

Tumbling: Cartwheel, Round-Off, Front & Back Rolls, Front & Back Walkovers

Jumps: Pike, Front Hurdler, and Toe Touch

## **Level 2**

Tumbling: Back Handspring, Back Walkover Back Handspring, Front Walkover Round-Off Back Handspring

Jumps: Pike, Front Hurdler, and Double Whip Toe Touch

Stunts: Ability to perform Level 2 Stunts as a Base, Back Spot, or Flyer (examples: prep level lib variations, extensions)

## **Level 3**

Tumbling: Standing 3 Back Handsprings, Toe Touch Back Handspring, Round-Off Back Handspring Back Tuck, Punch Front

Jumps: Triple Whip Jump Combo

Stunts: Ability to perform Level 3 Stunts as a Base, Back Spot, or Flyer (examples: extended lib variations, full up to prep, extension with full down cradle, full basket toss)

## **Level 4**

Tumbling: Standing 2 Back Handsprings to Layout, Standing Tuck, Round-Off Back Handspring Layout

Jumps: Triple Whip Jump Combo Back Handspring Back Tuck

Stunts: Ability to perform Level 4 Stunts as a Base, Back Spot, or Flyer (examples: full up to extension, extension with double down cradle, extended lib variations with full down cradle, kick full basket toss)

## **Level 5 (Previously Level 5 Restricted)/Level 6 (Previously Level 5)/Level 7 (Previously Level 6)**

Tumbling: Standing 2 Back Handsprings to Full, Round-Off Back Handspring Full

(Double Fulls & Standing Fulls for Level 6, but not required)

Jumps: Triple Whip Jump Combo to Back Tuck

Stunts: Ability to perform Level 5 Stunts as a Base, Back Spot, or Flyer (examples: extended lib variations with double down cradle, kick double basket toss)

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We believe in PERFECTION BEFORE PROGRESSION. We will not allow athletes to learn advanced tumbling skills before perfecting their basics. If parents and athletes are not patient and have a clear understanding of our teaching methods, they should not be cheering at Ultimate Cheer Lubbock. Proper technique is everything! Only perfected skills will be choreographed in an Ultimate Cheer Lubbock routine. Parents are NOT allowed to spot their children on Ultimate Cheer Lubbock/APEX Event Center property. Absolutely NO unsupervised tumbling. An instructor must be present at all times. Ultimate Cheer Lubbock reserves the right to change a teams division and level at any time throughout the year. Mandatory tumbling will be assigned as needed. Athletes can be moved to an alternate position if they do not maintain the skill requirements.